



September is Women's Health Month in Hawai'i.
Make time to take care of your health!

Simple tips to a healthier lifestyle:

- Eat a fruit or vegetable at every meal.
- Take the stairs instead of the elevator.
- Cut your salt intake.
- Stop smoking.
- Always wear sunscreen.
- See your OB/GYN for regular exams and know your family history of cancer.

For more information, please log on to www.hawaii.gov/dhs/women/HSCSW

This message is brought to you by the Honolulu County Committee on the Status of Women in partnership with the Hawaii State Commission on the Status of Women and Hawaii Friends of Civil Rights.